



Mountain View Public Library

Dr Dhurga Reddy



“Naturopathic Approaches to Diabetes Management ”

**In this talk, Dr. Reddy will provide you with tools and strategies
to understand and manage Type II Diabetes.**

**She will discuss how natural therapies can be used to control blood sugar levels, as well
as what people with diabetes can do to optimize their health.**

**Important topics that will be included in the lecture, as they are related to diabetes, are
cardiovascular health, stress, and nutrition and exercise.**

**Wednesday, March 3, 7 pm
Mountain View Public Library Community Room
585 Franklin Street
Mountain View, CA 94041
650 903 6337**

Dr Reddy is a licensed Naturopathic Doctor and Yoga Therapist. She received her doctorate in Naturopathic Medicine from Bastyr University, and her Bachelor's of Science from Cornell University. She practices primary care medicine, with a specialty in Women's Health and Cardiovascular Wellness, at her clinic in Palo Alto. Visit her at www.dhurgareddy.com.